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Edmonton metro



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Justin Falconer, 23, a founder of Edmonton in a Box.
KEVIN TUONG/FOR METRO

SELLING OUR CITY

Gift boxes showcase locally made wares metroNEWS

A new 'quiet majority'

POLITICAL GROUP

Albertans more progressive than you think: Poll



Ryan Tumilty
Metro | Edmonton

A new Alberta political group wants to speak for what it believes is the province's silent progressive majority and it has new polling data to back that up.

Progress Alberta launched Tuesday as a new think-tank and lobby group dedicated to left-of-centre ideas. The group's executive director Duncan Kinney said someone needs to speak for progressive ideas.

"Progressives in Alberta are the quiet majority and they are the deciding voting block when it comes to Alberta these days," he said.

The group commissioned a poll to correspond with the launch from Abacus Data, which revealed that 59 per cent of Albertans identified

themselves as progressive.

The company's CEO David Coletto said the province is younger and more urban than ever before and welcomed hundreds of thousands of people from elsewhere over the last 10 to 15 years.

"It has made Alberta more progressive than it was."

He said Alberta still has conservative roots, but they're just not anchored as deeply.

"Alberta is maybe a little more conservative than other parts of the country, but it's certainly not this hard bedrock of conservatism."

Coletto said it's also not just the word progressive that people are latching onto, noting his survey also showed support for higher income taxes on the wealthy, a carbon tax and a limit on oilsands emissions.

Kinney said it's those people his group wants to advocate for, but they don't intend to simply applaud the government for every move it makes.

"We're not cheerleaders and there is a reason we are not cheerleaders, and that's because cheerleaders don't really affect the outcome on the field."

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FORMER PREMIER

Redford to attend portrait unveiling

The image of former premier Alison Redford is expected to be immortalized on the walls of the Alberta legislature this spring — and Redford will be on hand for the unveiling.

“Former premier Redford has confirmed that she would like to attend the unveiling of her portrait, so the Speaker’s office is currently working with her to co-ordinate a date for that,” Cheryl Oates, spokeswoman for the premier’s office, said Tuesday.

“Right now we’re looking at the spring, although we haven’t set a date yet.”

Redford’s official portrait and the artwork of her successor and fellow Progressive Conservative Dave Hancock have been sitting in climate-controlled storage for more than six months at the Alberta Foundation for the Arts.

Redford’s portrait is oil on canvas by Calgary artist Liela Chan and lists for \$12,500.

Hancock’s is oil on linen by Edmonton artist Tom Menczel at a cost of \$12,046. The former premiers got to choose their own artists.

The premier’s office pays for and organizes the painting while the Speaker’s office, which is in charge of the legislature building, is responsible for the unveiling ceremony.

THE CANADIAN PRESS

City community group’s documentary goes viral

GOVERNMENT

Aims to draw visibility to the plight of people in Ethiopia



Sanam Islam
Metro | Edmonton

A short documentary produced by Edmonton’s Oromo community is gaining attention online and worldwide.

The 11-minute documentary, which aims to bring awareness to human rights abuses in Ethiopia, has been viewed around 2,500 times on Youtube since it was released online about a week ago and has been picked up by media in Africa.

“We want to bring awareness to the Canadian government and public about what is going on back home in Ethiopia. There are people here, including in our association, who have relatives who were killed in these incidents,” says Bedri Mohammed, president of the Oromian Association.

According to Mohammed, last year, around 100 young Oromians — mainly students — were shot by the Ethiopian army, says the Oromian Community Association of Northern Alberta. They were killed for protesting against the government’s



Bedri Mohammed of the Oromian Association in Edmonton, says the Ethiopian government is notorious for using aid money from countries like Canada to develop the Ethiopian army. KEVIN TUONG/FOR METRO

“Prior to this, I was unaware of what was going on, so I hope the video is effective in terms of educating others about what’s happening.” Paula Kirman

plan to take land from Oromo farmers without consultation or compensation.

He says the Ethiopian government is notorious for using aid

money from countries such as Canada to build up the army. “We need the Canadian government to understand that, and to stop unknowingly funding a

government that kills its own people.”

The documentary, called “Oromo Lives Matter: The Oromo Popular Resistance Against the Infamous Addis Ababa Master Plan,” was created in partnership by Paula Kirman, an Edmonton filmmaker and human rights activist.

Kirman says she got involved after attending a rally organized by the Oromo Association in

December last year.

“I found the project to be really fascinating. Prior to this, I was unaware of what was going on, so I hope the video is effective in terms of educating others about what’s happening,” Kirman says.

The Oromo people are an ethnic group based in Ethiopia, northern Kenya and parts of Somalia. An estimated 5,000 to 8,000 Oromians live in the Edmonton area.

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Long-running podcast the Unknown Studio ends

MEDIA

Hyperlocal interview show has completed 125 episodes



Alex Boyd
Metro | Edmonton

After six and a half years and 125 episodes, the hosts of one of Edmonton's longest-running podcasts are hanging up their headsets.

Adam Rozenhart and Scott Bourgeois did their last episode of the Unknown Studio, an Edmonton-focused show on which they chatted up everyone from entomologists to journalists to the mayor, just before Christmas.

"It's bittersweet," Bourgeois says. "But we wanted the show to end on our terms, rather than fade away like other podcasts."

Both Rozenhart and Bourgeois say other projects and full-time jobs — Rozenhart is a social-media strategist, among other things, and Bourgeois works for CHED — have made it hard to eke out time for the Unknown Studio, but also that the podcast scene in Edmonton has grown to the point where they're ready to hand off the baton.

"That niche is being filled with other people. I'd like to say they're maybe even doing better than we are, but we gave them that starting point from which to launch off of," Bourgeois says.

The two, both alumni of the Gateway at the University of Alberta, connected over Twitter just as podcasting was enjoy-



Adam Rozenhart and Scott Bourgeois, co-hosts of the Unknown Studio. CONTRIBUTED

ing a resurgence in popularity, and they were among the first to use the new technology to establish a hyper-local focus on the city.

When asked about the origins of the show, Rozenhart is blunt: "Six-and-a-half years ago, people still thought Edmonton was the worst."

But they had an inkling the city was more interesting than that, and set out to prove it by interviewing the people who'd shaped the city. The first season was recorded after-hours at the radio station Bourgeois worked for, before they raised enough money to buy their own equipment.

Rozenhart says that with

their long-form format, the steepest learning curve came with figuring out what kind of interviewers they wanted to be.

"At first you start wanting to be buddies with everyone you interview," he says, "and after



It became a mission to tell people what a great place this is, and that they should put down roots.

Scott Bourgeois

awhile it's like, 'Screw this, I want some information out of these people.'

"I think we got really good at putting people at ease and

softening the ground so that they could tell the stories that we were interested in hearing and we knew our listeners wanted to hear."

Rozenhart's favourite interview was science-fiction writer

Peter Daly and reporter Jeremy Lye that allowed them to establish their chops as interviewers early on.

Both say that the podcast caused them to see the city in a new way. "When I was in my mid-20s I knew I was going to leave this place, that this place was the worst," Rozenhart says, but the podcast opened his eyes to what was going on in the city.

Bourgeois agrees. "Edmonton has a bit of a self-esteem problem and people often look elsewhere," he says.

"It became a mission to tell people what a great place this is, and that they should put down roots."

FIREARMS

Police lay charges in north-side standoff

A man who had a standoff with police Sunday is now facing 21 criminal charges.

Police were called to a home in the north-side at 11:30 a.m. Sunday on what was initially a break-and-enter call. When they arrived they found a man inside with a gun who refused to leave the home. Four other people who were in the home were able to leave.

At one point the suspect shot outside the window at a tree

nearby. The man surrendered at 7:20 p.m., after several hours of negotiation, and a search of the home found a 12-gauge shotgun and a .22-calibre rifle along with ammunition.

Matthew Brogden, 33, of Edmonton faces 21 criminal charges that include break and enter, uttering threats, unlawful confinement and several firearms charges.

Police believe this occurrence was not a random act. METRO

IN BRIEF

Man deemed fit to stand trial a second time

A central Alberta man is going to trial for a second time in an alleged gang-related killing nearly seven years ago. Christopher Fleig of Red Deer has been deemed fit to stand trial in the drive-by shooting of Brandon Prevey in April 2009.

Prevey, who was a well-known criminal in area, was hit by seven of 15 rounds that peppered his car on a residential street.

THE CANADIAN PRESS

RED DEER

Driver who hit cyclist to get sentenced soon

A man who pleaded guilty in a crash that seriously injured a central Alberta teen cyclist will be sentenced some time in February.

It was early on July 4 that 17-year-old Dery Wang was hit while biking in Red Deer.

He was taken to hospital in serious condition and remained in a coma for two months. The Crown submitted an update on Wang's health, saying the teen has trouble recognizing simple words and sentences and is un-

intelligible while speaking.

Eric Petty, 26, pleaded guilty to counts of dangerous driving causing bodily harm and refusing to provide a breath sample.

The defence highlighted factors such as Petty remaining at the scene, waving down someone to call 911 and admitting to police he was the driver.

The Crown is asking for a sentence of 12 to 15 months while the defence is seeking three to six months. THE CANADIAN PRESS

TRANSPARENCY

Lobbyist registry to get reboot



Ryan Tumilty
Metro | Edmonton

Alberta's Ethics Commissioner wants it to be easier to peek behind the curtains of power, with a better lobbyist registry they hope to unveil this fall.

The office has put out tender documents looking for a company to redesign not only the public facing website for the registry, but the entire computer system that tracks Alberta's lobbyists.

Kent Ziegler, chief administrator of the office, said the registry was first put together in 2009 and it needs an update.

"Technology has changed and our system just can't keep up," he said.

The registry allows people to search through the records of all registered lobbyists to see what issues they were advocating on and what government officials they met while doing the work.

Ziegler said there are issues with smartphones and certain web browsers that don't work with the site, but the biggest issue is the search capacity.

"The system is just antiquated and it's just not serving the needs that people want anymore," he said.

He said when the upgrades are done he wants a registry that will give people exactly what they are looking for, so "they can go in and say, 'I want to know who lobbied this minister at this time on this issue.'"

Lobbyists are required to register in Alberta when they meet with a public office holder, which includes MLAs, cabinet ministers and employees of the provincial government.

The registry tracks both lobbyists who work with lobbying firms and people who work in-house at corporations and agencies.

Ziegler said the public should have the ability to track lobbying efforts and updating the computer system is important.

"It's just a more open and transparent registry so people can see who is lobbying what."

The tender on the project has yet to close, but Ziegler said they hope to have a new system up and running late in the fall.



Justin Falconer, 23, a founder of Edmonton in a Box, was inspired by the creativity found in the city. KEVIN TUONG / FOR METRO

Giving the gift of pure Edmonton

BUSINESS

Entrepreneur selling boxes of goods made locally



Sanam Islam
Metro | Edmonton

Love Edmonton? A new local business is offering people a way to share their love of the city with others.

Edmonton in a Box, which was launched in November last year, allows customers to buy gift boxes that contain handmade products produced by local entrepreneurs. They include everything from cookies and chocolate to soaps and beer.

"There's a lot of people who go around the city calling it 'Deadmonton' or saying how boring it is," says 23-year-old Justin Falconer, one of the company's founders. "But many people don't realize how many cool businesses there are downtown and how artsy and creative

everyone is. That was a big inspiration."

Falconer, who grew up in Vegreville moved to Edmonton six years ago to get his business degree from NAIT and started Edmonton in a Box out of his bedroom. After he was inundated with more than 100 orders in two weeks, he decided to make the business formal.

Now he has a spot at Vacancy Hall on 104 St. and a website where people can order the gift boxes. Customers can select the items they want to put in their gift box or purchase pre-made boxes with three, five, or seven items. Over Christmas, Edmonton in a Box also tested out party and pampering-themed boxes. "Those did quite well. We got a huge Christmas rush, especially from companies who wanted to get them for their employees or clients."

Based on that success, Falconer plans to offer new themed boxes for holidays such as Valentine's Day and Mother's Day.

Falconer says their customers and their partners — which include retailers such as Wild Prairie Soap, Alley Kat beer and Acquired Taste Tea — have been very supportive since the business began.

"I think it's a great idea to promote Edmonton's small businesses," says Tasha Weenk, owner of Acquired Taste Tea. Falconer is now working on growing the business to include more partners, and planning to launch the same concept in Calgary by the end of this month.

"I think it's a great idea to promote Edmonton's small businesses."

Tasha Weenk

MAKE SOMETHING

Cash offered for cool winter projects



Alex Boyd
Metro | Edmonton

If you've got an idea to make winter in Edmonton "more fun, more caring, more profitable, or more serendipitous" then Make Something Edmonton wants to hear about it.

A new project accelerator grant has \$15,000 earmarked specifically for winter projects,

which the organization hopes to parcel out in amounts ranging from \$200 to \$2,500.

"Edmonton is finally starting to embrace the fact that it's a winter city," says marketing manager Chris Gusen.

"We chose winter (to focus on) because it's a unique and defining aspect of the city, it's a big part of what makes Edmonton, Edmonton."

Gusen says they're open to

projects that celebrate winter but also those that tell the story of the harsher side of the season. Their website already has over 50 winter-themed projects posted, from mitten drives to fat bike chariot races.

In the past the organization has had a hand in launching projects like the light-therapy lamps at the downtown library, #yegsnowfight and the Edmonton Freezeaway, but Gusen stresses projects don't

have to be huge.

He says anyone can apply, and projects can be as small as getting a \$100 grant to hand out hot chocolate at a bus stop, for example.

The organization is holding a workshop for aspiring makers on Jan 16 and the deadline to apply is Jan 22.

Money will be handed out in early February and projects must be completed by March 18.

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STUDY

Pilot project offering baby boxes to moms



Sanam Islam
Metro | Edmonton

Twenty-nine new mothers in Edmonton and Stony Plain have received baby boxes as part of a University of Calgary pilot project that looks to make things a little easier for new moms.

The baby boxes, which are modelled after kits given out to mothers in Finland, include items such as blankets, nursing pads, diapers, thermometers and onesies.

The box can also be turned into a crib for the baby with a

small mattress that is included.

The provincially funded study, called Welcome to Parenthood, aims to evaluate how best to help new mothers in Alberta transition from pregnancy to parenthood.

"Every parent needs a little help when they bring a new baby home," says Karen Benzies, a University of Calgary professor who is leading the project. "The baby kit is an engagement tool, and is one component of our study."

In order to receive the boxes, new mothers are required to fill out a questionnaire and work with a mentor from their personal network to ease them into motherhood.

FRASER INSTITUTE

New report highlights Alberta's growing debt



Ryan Tumilty
Metro | Edmonton

With a new report indicating Alberta's debt is set to grow faster than any other province, the opposition is warning the province is on the fast track to real financial pain.

In a report released Tuesday, the Fraser Institute said Alberta has seen its debt to gross domestic product ratio, which is an economic measure of a province's financial health, rise by 92 per cent since 2007. Wildrose Leader Brian Jean said he worries about the NDP's plans to add more debt over the next few years and believes instead they should look

at why the province's spending is so high.

"Now is the time for Alberta to take on spending, not pile on debt," he said. Jean said combined with the recent downgrade in the province's credit, this should be a warning sign for the NDP.

He said with rough economic times hitting the province, Alberta can also expect to see less revenue from taxes and royalties.

Finance Minister Joe Ceci's spokesperson Leah Holoiday, said the government believes the Fraser Institute report actually shows the province is in strong shape.

"The Fraser Institute study highlights the province is the only jurisdiction in Canada to be in a net financial asset position," she said.

The Great Knitting Giveaway needs yarn

CHARITY

Demand for winter items has grown says co-ordinator



Alex Boyd
Metro | Edmonton

The Great Knitting Giveaway has put out a call for yarn donations to feed the knitting needles of over 100 senior volunteers who work year round to create winter garments for charity.

An initiative of the Greater Edmonton Foundation for Seniors, the program brings together seniors from across Edmonton to knit socks, mitts and hats. Last year the group crafted almost 10,000 items for local groups like Operation Friendship, the Boys and Girls Club and Ronald McDonald House.

Edith Clarke learned to knit from her mother as a child, but rediscovered the skill when she moved into a lodge run by the foundation.

"I thought I might as well knit here for my spare time, and that's what I've been doing," she said.

She's had at least two pieces on the go at all times ever since she started with the program five years ago.

She doesn't keep track of how many items she knits but keeps a ball of yarn next to her chair



Edith Clarke works on a scarf for the Great Knitting Giveaway. KEVIN TUONG/FOR METRO

for when she has spare time.

Hilary Webb is a recreation co-ordinator at the lodge where Clarke lives. She said the need for donated yarn has grown in step with the demand for knitted items.

"We always have new people that are available to give to, the list is very long," she said, "it's hard to pick because you want to give to everybody."



When I see that pile of knitting, that's what really amazes me.

Edith Clarke

She said the knitters take requests and recently learned

the pattern to make bird nests after a conservation society requested them.

Once a year all the knitting is gathered in one place to be distributed.

"When I see that pile of knitting, that's what really amazes me," Clarke said. "It makes you feel good inside when you're doing something to help others. And you say, I did some of that?"

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From left, Frocks Box developers Jeanie Borremans, Jena Hill and Shanlyn Cunningham have, between them, six children under the age of 3. CONTRIBUTED

Let this trio shop for you

ST. ALBERT

Frocks Box offers personal buying service for everyone

Lucy Haines

For Metro | Edmonton

Did your Christmas list include a wish for a wardrobe consultant or personal shopper?

Three St. Albert moms have made what seems like an out-of-reach luxury into a growing business with Frocks Box, a monthly subscription service of custom-selected, accessorized outfits delivered to the door in a fun purple bag or box.

"We want to help women treat themselves. The surprise factor is a big part of it for our customers — they buy for their husband and kids but not always for themselves. This is like opening a Christmas gift every month," said co-owner Shanlyn Cunningham, who joined Jeanie Borremans and Jenna Hill after the pair met at a local mothers' group.

"There are fashion box programs in the U.S., but ours is outfit-based. We have fun creating looks for women of every style

and size," said Cunningham.

Now with some 500 subscribers, aged 20 to 75 and in every province, the trio runs a "nearly full-time, but in a flexible way" business from their St. Albert homes — pairing Canadian-made and unique local jewelry, scarves and accessories with on-trend leggings, casual tops, dresses and more.

Customers sign up for a subscription level — between \$25 and \$95 a month — to receive just jewelry, or one or two complete outfits, based on their style profile.

"It's a personal styling service. Women who aren't comfortable shopping at the mall, or who may live in a rural area, they love it. We've had a couple of pop-up events, but it's mostly word-of-mouth. It's important for us to offer quality items and source locally where we can," said Borremans. "And we ourselves are plus-sized, petite and average, so we understand style concerns for every woman's body type."



It's important for us to offer quality items and source locally.

Jeanie Borremans

ANIMALS

Great ape expectations

The Calgary Zoo announced Tuesday that the gorilla family will be welcoming a new member to their ranks in early March. In a release, the zoo said its 14-year-old gorilla, Kioja, is pregnant.

It marks the zoo's first

gorilla pregnancy since 2008, when Yewande was born into the troop.

"We are excited for this new addition to our gorilla troop as a baby is the best enrichment for the group," said Dr. Malu Celli of the Calgary Zoo.

METRO

CITY BYELECTION

24 candidates likely to contest Ward 12



Ryan Tumilty
Metro | Edmonton

The Ward 12 byelection is poised to break a city record with 24 candidates already looking to replace Amarjeet Sohi.

Sohi stepped down after winning the federal riding of Edmonton Mill Woods for the Liberal party last fall.

With nomination day still

more than two weeks away, the city's director of elections, Laura Kennedy, said 24 people have picked up information and registered their intent to run in the Feb. 22 election. She said the most candidates the city has had before was 18 in 2001 and 1994.

"We have been working with our ballot provider to be able to accommodate the number of candidates," she said.

Kennedy said the ballot could accommodate up to 39

names if necessary and that a longer form is also available. Byelections typically have low voter turnout, but Kennedy said that might change.

"I am hopeful that with this number of candidates running we will have a healthy voter turnout," she said.

Candidate Dan (Can Man) Johnstone said it's a sign of a healthy democracy, but is concerned about the commitment level of some.

"We need serious candidates only who will be able to fill Amarjeet Sohi's shoes," he said.

He said he's out already knocking on doors and getting to know people in the ward.

Candidate Nav Kaur said she welcomes the challenge of this many candidates.

"I think it's a marker of a wonderful democracy. I think it's great experience. It's a great opportunity for people to articulate their values."



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Barn fire kills more than 40 racehorses

ONTARIO

Like losing a child, says one trainer who lost 7 animals

The deaths of 43 racehorses in a massive barn fire is more than just a professional catastrophe — it's akin to losing members of a family, one trainer said Tuesday.

Dan Lagace was working with seven horses that were being housed at the Classy Lane Stables in the southern Ontario town of Puslinch, about 20 kilometres south of Guelph. All of his animals and three dozen others perished Monday night in a blaze that could only be subdued through the efforts of 50 firefighters from multiple communities.

"It's almost like losing a child," the 38-year-old said.

Lagace said the blaze also

represents a devastating professional setback. He said he has virtually nothing left, since equipment amassed over years was also destroyed in the fire.

The economic impact extends well into the close-knit, horse-oriented community, said Classy Lane co-owner Jamie Millier. Grooms, veterinarians, blacksmiths and other professionals involved in the industry will be feeling the effects of the equine deaths for months to come, he said.

Millier had been vacationing in Florida when he got word of the fire and hastily flew back to Canada. He said 43 horses were in the barn. The death toll would have reached 45, but two other horses normally housed in the barn were out at races at the time.

The fire broke out on a night when temperatures dipped as low as -20 C. Local crews responded quickly, but found the barn fully engulfed in flames.

THE CANADIAN PRESS



Neighbour Madison Ross, 15, hangs ribbons, flowers and a stuffed pony she brought from home on a fence at Classy Lane Stables. TORSTAR NEWS SERVICE

STUDY

At least 2,250 former soldiers homeless

For what's believed to be the first time, the federal government has estimated how many of Canada's homeless are former soldiers.

The March 2015 study by Employment and Social Development Canada estimates that 2,250 former soldiers use shelters regularly, about 2.7 per cent of the total homeless population that uses temporary lodging.

The report, which comes from a database that tracks 60 emergency shelters across the country, noted that the data does not capture the number of veterans who do not use shelters.

Researchers found that vet-

erans who end up homeless tend to be older than non-veterans in the same circumstances.

The average age of homeless veterans is 52, compared with 37 in the general population. Many ex-soldiers cite alcoholism, drug addiction and mental health issues as reasons for their circumstances.

"Interestingly, there is a particularly high rate of episodic homelessness among female veterans," said the report, which noted that 16 per cent of female ex-soldiers reported multiple stints without a roof over their heads, compared with just six per cent of non-veteran women.

THE CANADIAN PRESS



IN BRIEF

Cities opposed homeless count, data show

The federal government is moving ahead this month with a nationally co-ordinated count of homeless people, despite opposition from cities. Cities complained they wouldn't

have enough time to get resources in place to count every homeless person during one 24-hour period, and that a count in January would skew results as the cold would drive more people indoors.

THE CANADIAN PRESS

LAURENTIAN UNIVERSITY

Prof in hot water over waiver

A professor at Laurentian University has been removed from teaching an introductory psychology class after requesting that students sign a waiver agreeing to his use of crude language.

Dr. Michael Persinger was yanked from the class two months after providing students with a "Statement of Understanding" that contains a list of 27 words, from "politician" to the F-word to "Satan."

The "statement of understanding" also includes the warning "This course is rated 'R' for coarse language and explicit content."

The Laurentian University Faculty Association has filed



Dr. Michael Persinger.

TWITTER.COM

a grievance against the move, saying that it violates academic

freedom.

Speaking to the CBC, Persinger said he uses some colourful language because it's important for budding psychologists to feel like they can ask any question without being judged.

Dr. Robert Kerr, provost and vice-president of academic affairs at the Sudbury university, said the issue isn't academic freedom but rather the waiver put before students. "It's not about academic freedom," Kerr said in an interview Tuesday. "It's simple that a faculty member cannot ask a student to sign a document ... as a condition to take his or her class."

TORSTAR NEWS SERVICE

LEGALIZING MARIJUANA

Trudeau warned of tough fight

The Liberal government will have to do substantial work on the international stage before it can follow through on Prime Minister Justin Trudeau's promise to legalize marijuana, new documents suggest.

That work will have to include figuring out how Canada would comply with three international treaties to which the country is a party, all of which criminalize the possession and

production of marijuana.

The treaties are:

- The Single Convention on Narcotic Drugs of 1961, as amended by the 1972 Protocol;
- The Convention on Psychotropic Substances of 1971;
- The United Nations Convention against Illicit Traffic in Narcotic Drugs and Psychotropic Substances of 1988.

Internationally, says a briefing note prepared for the prime

minister, Canada will also have to find a way to essentially tell the world how it plans to conform to its treaty obligations.

Errol Mendes, a constitutional and international law expert at the University of Ottawa, says legalization faces stiff opposition in the United States. If the Republicans win in November, the opposition will be even stronger.

THE CANADIAN PRESS

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Obama takes on gun lobby

UNITED STATES

Expanded background checks among planned steps

Tears streaking his cheeks, U.S. President Barack Obama launched a final-year push Tuesday to tighten sales of firearms in the U.S., using his presidential powers in the absence of tougher gun restrictions that Congress has refused to pass.

The president struck a combative tone as he came out with plans for expanded background checks and other modest measures that have drawn consternation from gun rights groups, which Obama accused of making Congress their hostage. Palpable, too, was Obama's extreme frustration at having made such little progress on gun control since the slaughter of 20 first-graders in Connecticut confronted the nation more than three years ago.

"First-graders," Obama said woefully, resting his chin on his hand and wiping away tears as he recalled the 2012 massacre at Sandy Hook Elementary School.



U.S. President Barack Obama gets emotional as he delivers a statement on executive actions to reduce gun violence. JIM WATSON/AFP/GETTY IMAGES

"Every time I think about those kids, it gets me mad."

Obama's 10-point plan to keep guns from those who shouldn't have them marked a concession by the president: He'll leave off-fice without securing the new gun control laws he's repeatedly and desperately implored

Congress to pass.

Although Obama can take action around the margins, only Congress can enact sweeping changes that gun-control advocates say are the only way to truly stem a scourge of mass shootings.

The centrepiece of Obama's

plan is an attempt to narrow the loophole that exempts gun sales from background checks if the seller isn't a federal registered dealer. Whether that step can make a serious dent in unregulated gun sales is an open question, and one not easily answered.

Easily reversible by a future

It won't happen overnight. It won't happen during this Congress.... But a lot of things don't happen overnight.

president, the guidance lacks the legal oomph of a new law, such as the one Obama and like-minded lawmakers tried but failed to pass in 2013. The Justice Department said the guidance "has no regulatory effect."

What's more, none of the steps would have probably prevented any of the recent mass shootings that Obama invoked: Aurora, Oak Creek, Charleston, Newtown, to name some. But Obama defiantly rejected that critique, dismissing it as the tired trope of gun lobbyists who question "why bother trying?"

"I reject that thinking," Obama said. "We maybe can't save everybody, but we could save some." THE ASSOCIATED PRESS

HIGHLIGHTS

The plan

- 1 Expanded background checks**
 - Anyone who's in the business of selling guns must obtain a licence, regardless of where they sell, and must conduct background checks on their customers.
- 2 More FBI examiners**
 - The FBI will hire over 230 more staff to help process background checks. The FBI is also modernizing NICS and improving the response time for alerting local law enforcement that someone who is disqualified from buying a gun attempted to do so.
- 3 Lost and stolen weapons**
 - A dealer shipping a gun is responsible for notifying law enforcement once it is determined it was lost or stolen in transit.
- 4 Smart gun technology**
 - The departments of Defence, Homeland Security and Justice have been directed to conduct or sponsor research into smart gun technology aimed at reducing the risk of accidental gun discharges and improving the tracing of lost or stolen firearms.
- 5 Mental health**
 - The White House is proposing a \$500-million investment to improve mental health care.

CIVIL WAR

Syria's north short on food, medicine

Pro-government fighters recently evacuated from two besieged villages in northern Syria described harsh conditions there with scarce food and medicine, saying some residents are eating grass to survive and undergoing surgery without anesthesia.

The villages of Foua and Kfarya have been under siege for more than a year, but the situation has worsened since September. That's when insurgents captured a nearby air base where helicopters used to take off and drop food to about

30,000 people in the mostly Shiite area.

"Our life was catastrophic," said Hussein Mahdi Kazem, a 16-year-old wounded fighter, from a hospital bed in Beirut.

But the two villages are not alone in suffering. Both sides

have used siege tactics as a way of getting an area under control. In retaliation for the siege, activists say troops and members of Hezbollah have taken measures against a Sunni area of about 40,000 people near the Lebanese border. THE ASSOCIATED PRESS



Hani Ali Hassan was evacuated to Beirut from Foua, which has been under siege for over a year. HASSAN AMMAR/THE ASSOCIATED PRESS

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'Successful' H-bomb test

INTERNATIONAL SECURITY

If confirmed, could lead to sanctions and more isolation

North Korea said Wednesday it had conducted a hydrogen bomb test, a defiant and surprising move that, if confirmed, would put Pyongyang a big step closer toward improving its still-limited nuclear arsenal.

A television anchor read a typically propaganda-heavy statement on state TV that said North



North Korean leader Kim Jong Un. THE ASSOCIATED PRESS

Korea had tested a "miniaturized" hydrogen bomb, elevating the country's "nuclear might to the next level" and providing it with a weapon to defend against the United States and its other enemies.

The statement said the test was a "perfect success."

The test, if confirmed by outside experts, will lead to a strong push for new, tougher sanctions at the United Nations and further worsen already abysmal relations between Pyongyang and its neighbours.

North Korean nuclear tests worry Washington and others because each new blast is seen as pushing North Korea's scientists and engineers closer to their goal of an arsenal of nuclear-tipped missiles that can reach the United States.

While a hydrogen bomb is much more powerful than an atomic bomb, it is also much harder to make. In a hydrogen bomb, radiation from a nuclear fission explosion sets off a fusion reaction responsible for a powerful blast and radioactivity.

North Korea is thought to have a handful of rudimentary nuclear bombs and has spent decades trying to perfect a multistage, long-



South Korea detected an "artificial earthquake" near North Korea's main nuclear test site Wednesday. THE ASSOCIATED PRESS

range missile to eventually carry smaller versions of those bombs. After several failures, it put its first satellite into space with a long-range rocket launched in December 2012.

Experts say that ballistic missiles and rockets in satellite launches share similar bodies, engines and other technology.

The UN called the 2012 launch a banned test of ballistic missile technology.

Some analysts say the North hasn't likely achieved the technology needed to manufacture a miniaturized warhead that could fit on a long-range missile capable of hitting the U.S.

In the first indication of a pos-

sible test, the U.S. Geological Survey measured an earthquake Wednesday morning with a magnitude of 5.1. An official from the Korea Meteorological Administration, South Korea's weather agency, said the agency believed the earthquake was caused artificially based on an analysis of the seismic waves. THE ASSOCIATED PRESS

IN BRIEF

Iran dispute with Saudi Arabia escalates as more countries break ties

Iran's President Hassan Rouhani says Saudi Arabia cannot "cover up" its crime of executing a leading Shiite cleric by severing diplomatic relations with the Islamic republic, even as the kingdom's allies began limiting links to Iran. The White House urged Saudi Arabia and Iran not to derail efforts to end the Syrian civil war.

THE ASSOCIATED PRESS

More migrants die at sea in attempt to reach Greece from Turkey

Authorities recovered the bodies Tuesday of at least 36 migrants who drowned off Turkey after their boats overturned in rough waters as they tried to reach the Greek island of Lesbos, officials and news reports said. Twelve others were rescued. Nine bodies, including children's, washed up on a beach in the resort town of Ayvalik in the morning.

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Top economists see a bumpy year ahead

ECONOMY

Oil and loonie unlikely to rebound soon, experts say

Canada's economy, much like its weather, started the New Year in a deep freeze. And while warmer times lie ahead, the growth rate in 2016 is likely to be tepid at best.

That was the consensus of the top chief economists at Canada's largest banks at the annual Economic Club of Canada forecast session in Toronto on Tuesday.

Oil prices: Slower growth in China, turmoil in the Middle East, and a market-share price war between the U.S. and Saudi Arabia-led OPEC mean oil prices are unlikely to regain their recent lofty highs any time soon, Scotiabank's



The country's top economists kick off the New Year with a forecasting session in Toronto. TORSTAR NEWS SERVICE

Warren Jestin said. Even if oil prices rebound to \$60 US a barrel from below \$40 today, it won't be enough to reinvigorate investment in Canada's energy sector, he said.

The Canadian dollar: Closely tied to demand for oil, the Canadian dollar fell 16 per cent in 2015, its second-worst year on

record. Economists now expect the loonie to fall below 70 cents US this year, likely by mid-March, as the U.S. dollar strengthens on hikes in the U.S. Federal Reserve's interest rate. However, investors shouldn't expect a dramatic recovery in the loonie even if oil prices move off their current lows, Avery Shenfeld, chief

Scotiabank's Warren Jestin says oil prices are unlikely to regain their lofty highs any time soon. TORSTAR NEWS SERVICE

economist, CIBC World Markets, cautioned.

The housing market: Calgary house prices, dragged down by the sagging energy sector, could fall a further 5 to 10 per cent in 2016, said Doug Porter, chief economist with Bank of Montreal Financial Group. Vancouver and Toronto house prices, the highest in the country, will face "some kind of correction in the next five years," Porter predicts. For the rest of Canada, he's predicting a soft landing. The Bank of Canada's ultra-low interest rates are unlikely to change in 2016, he added. TORSTAR NEWS SERVICE

SELF-DRIVING CARS

S. Korea university tests driverless taxi

A South Korean university is testing a sedan that can pick up and transport passengers without a human driver, giving a glimpse into the future of autonomous public transport.

Seo Seung-Woo, director of the Intelligent Vehicle IT Research Center at Seoul National University, said the university has been testing the driverless taxi to transport disabled students around campus.

The vehicle, called Snuber, has been navigating the 4,109 square metre campus for the past six months without any accidents. It works in conjunc-

tion with a hailing app created by the university.

Companies around the world are betting that automated driving technology will transform public transportation.

In Japan, Robot Taxi Inc. plans to offer a full commercial service in 2020. In Greece, driverless buses called CityMobil2 have been tested in real traffic. General Motors said Monday it is investing \$500 million US in ride-hailing company Lyft Inc. and forming a partnership that could eventually lead to on-demand, self-driving cars.

THE ASSOCIATED PRESS

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IN BRIEF

Workers denied bathroom breaks to get \$1.75M

A Pennsylvania company, American Future Systems Inc., that publishes business newsletters will pay about \$1.75 million US to 6,000 employees who had to clock out while going on short breaks, including for the bathroom.

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URBAN ETIQUETTE ELLEN VANSTONE



THE ISSUE

How do I cut my homophobic friend out of my life?

Dear Ellen,
I made a mistake of letting someone back into my life. This person had been a close friend for years, but our friendship quickly turned to turmoil after she burst into my home and told me how "disgusting" and "sinful" I was being with my choice of (same-sex) partner. She yelled and demanded that I end (either) my relationship or the friendship.

I feel that my choice in ending my friendship was a strong one, and cut the friendship that was full of homophobia.

Recently, I agreed to meet her for coffee to give her a chance to apologize. I have been told I'm too nice and give too many chances for forgiveness.

This is correct, as she just came full circle again; instead of confronting me with her disgust for my relationship, she went to friends we have in common.

I don't want to confront this person face to face, as I feel it would end with a few choice words of my own. But at the same time, I'd like to make it clear that this person no longer has a place in my life.

What should I do?

J.C.
Halifax

Dear J.C.,
I love how you say, "I feel that my choice in ending my friendship was a strong one, and cut the friendship that was full of homophobia."

Good manners are never more important than with the people we are close to.



That wasn't just a "strong" choice, my friend. It was the absolutely correct one by any standard. The person you had this "friendship" with is not a friend. She does not understand or accept who you really are. And her manners — what with the homophobia and bursting into homes to yell at people — are deplorable. Good manners are never more important than with the people we are close to, and she failed big time.

Notwithstanding your careful wording, your thinking does get fuzzy when you say "instead of confronting me with her disgust for my relationship, she went to friends we have in common."

Of course it's wrong of her to criticize you and/or your sexual orientation to friends behind your back. But why would you expect her to confront you about it again?

She already did that. There's nothing more to be said.

Frankly, it makes sense that you have no desire for another confrontation. You'd be breaking no rules of etiquette if you directly expressed your anger and disappointment to her, as long as your mode of expression was below 60 decibels and didn't contravene any sections of the Criminal Code. But you don't owe her anything. Judging by her backstabbing behaviour, she already knows how you feel.

As for your worries that you are "too nice" and "give too many chances for forgiveness," don't worry. There's no such thing as being "too nice"; it's just code for being a doormat, which you are not. And giving someone a chance for forgiveness doesn't necessarily require contact. She's perfectly wel-

come to go into counselling about her pathologically destructive homophobia, shower you with abject letters of apology, say extravagantly nice things about you behind your back to friends and send you flowers every week for a year, at which point any self-respecting person might consider forgiveness and renewed friendship.

In the meantime, cut her off completely. If you run into her, be as polite as you can, but decline to engage or open the door to further contact unless or until she earns it from afar. Remember, the less you say, the better.

Actions speak louder than words, and never more eloquently as when you take no action at all.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

What I hope gentrification won't paint over

I've been walking by the same window for three years. It's nondescript, sans signage, but always frames a painting; an inexplicable art window in between bars and boutiques on one of Toronto's overly hyped strips: Ossington Avenue.

I considered the window one of those oddities you find in any city, and until this weekend, never bothered to solve the mystery. Perhaps, I thought, an anonymous philanthropist was resisting commercialization and warp-speed gentrification — of the kind felt in any big city — by injecting a hit of art.

This weekend, the window held a field of poppies, crimson and dancing against a turquoise sky. On a grey day with a -22 C wind chill, I finally decided to figure it out.

It turns out Christian McLeod of 89 Ossington Ave. is a 46-year-old painter, and his live/work space is an echo of what the street used to be: cheap, deemed dangerous and undesirable, marked by car parks, a home reno store, an elevator mechanic's shop and other studios.

That was 10 years ago, and McLeod is among the holdouts, along with a cigar manufacturer and a dive bar. Places that put change into perspective, while they last — a synagogue in Chinatown, say — and are all the more valuable for it.

A French lady used to run a

sandwich-and-soup shop open for just three hours a day.

"You'd go up there one day and there'd be a sign: 'Gone to Paris, back in two weeks.'"

"It was quiet, it was almost abandoned," he says.

Due to residential zoning, McLeod's rent has stayed low. His new neighbours? "They're paying \$7,000 a month for some of these storefronts."

Zoning also means he can't hang signs to advertise his studio, but he's always hung a painting. Five years ago, he'd never believe Bang Bang, an ice cream sandwich shop, would draw 40-minute lineups. "I would have said, 'You're nuts.'"

And as the foot traffic has picked up, he's begun to leave his door open on warm weekends.

Neighbours who've researched the area's history figure his is one of the oldest houses on the street. They discovered an artist lived in his exact space in the 1860s, he says. But McLeod is well aware that he may be its last occupant. Some day soon, he expects the landlords to flip the switch, and condos will rise.

"It's their property. They've been so good to me," he says. "It's just business."

I tell McLeod I don't know why I waited so long to learn the story of one of my favourite windows. I'm lucky it wasn't too late.

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Check out #RichardSapper on Instagram for creative tributes to the acclaimed designer of the Tizio lamp, IBM ThinkPad, who died last week

'Tis the series premiere season

TELEVISION

New year, new episodes of 10 beloved TV shows

Brian Gasperek
For Metro Canada



Downton Abbey (Now airing)

This year marks the beginning of the end for one of the greatest Brit TV dramas of all time. The Crawleys return to PBS for a sixth and final season of Downton Abbey, which began airing Jan. 3. The final season has been airing in the U.K.

since the fall... but of course you've been patient and download-free, right?



Megan Fox steps into New Girl's awkward shoes.



Season 11 of *It's Always Sunny in Philadelphia* premieres tonight on FXX. ALL PHOTOS CONTRIBUTED/GETTY IMAGES

The Bachelor (Now airing)

One of TV's greatest guilty pleasures, *The Bachelor*, brought its addictive blend of romance, drama and superficiality back into our living rooms on Monday. This time around, two-dozen women are battling it out for the affection of Bachelorette finalist and fan favourite, Ben Higgins.

New Girl (Now airing)

It's hard to believe that four seasons of *New Girl* are already

in the can, but alas, the fifth kicked off last night. To start the season, fans witness Megan Fox temporarily filling in for Zooey Deschanel as the show's female lead, as Deschanel took time off to be a new mom.

It's Always Sunny in Philadelphia (Tonight)

As we saw from its ridiculously awesome '80s ski-movie parody trailer, *It's Always Sunny* is finally back tonight. And although Season 11 won't likely

feature any action on the slopes, we can't wait to see the gang back together.

American Idol (Tonight)

The 15th and final season of *American Idol* also starts this evening. If you gave up on the show years ago, you may want to tune back in for what's sure to be an epic last run. Along with host Ryan Seacrest, Harry Connick Jr., J-Lo and Keith Urban are returning as the show's final judges. It's going to be so big

that even Kanye auditioned.

Shameless (Jan. 10)

On Jan. 10, the most hilariously dark and dysfunctional family on TV today, the Gallaghers, are back for a sixth season. If for some reason you haven't watched the

American version of *Shameless* yet, you really need to get on it.

Workaholics (Jan. 14)

Stoners rejoice. Adam, Blake and Anders, our favourite doofus telemarketers, are back for a new season of *Workaholics*, starting Jan. 14. Judging by its brain-melting, acid trip of a trailer, the new season looks like it's going to be the weirdest one yet.

Agent Carter (Jan. 19)

The awesome Peggy Carter is taking her superhero butt-kickings to the West Coast for Season 2 of *Agent Carter*, which begins on Jan. 19. This time around, Carter will have her hands full with L.A.-based atomic age threats in the wake of the Second World War.

Portlandia (Jan. 21)

The hilarious duo of Fred Armisen and Carrie Brownstein are getting set to unleash 10 more hipster-ribbing episodes of *Portlandia* starting on Jan. 21. We're pulling for more Peter and Nance in Season 6.

The X-Files (Jan. 24)

The most highly anticipated premiere of the New Year is the return of *The X-Files*. Mulder and Scully are back to fight aliens and search for the truth in the six-episode mini-series that begins on Jan. 24. We're pumped!

Gillian Anderson in *The X-Files*.



JOHANNA SCHNELLER WHAT I'M WATCHING

UnREAL gets real about the clichés of romance

THE SHOW: *UnREAL*, Season 1, Episode 9 (Lifetime)
THE MOMENT: *The Proposition*

Rachel (Shiri Appleby) is a producer of *Everlasting*, the *Bachelor*-like show within this show. Adam (Freddie Stroma) is her star, minor British royalty who wants only to promote his family's businesses. Rachel's boss Quinn (Constance Zimmer) expects Adam to propose to a contestant. But Adam and Rachel are sleeping together, and now

he's entreating her to quit the show with him. "You could work yourself into spinsterhood like Quinn," he says, "or you can run away with me. I can show you the world."

Hearing the word "spinsterhood," followed by the quote from Disney's *Aladdin*, I finally got what *UnREAL* is up to. It purports to be a juicy exposé of how fake "reality romance" is. Meanwhile, it's been lulling us into caring about Rachel's romantic fate. But surprise — the whole

thing is a bait and switch. Rachel's love story is as false as the contestants'. Love itself is the con. Clever!

Sure enough, one minute into the next episode, Adam dumps Rachel. In the rain. Every cliché is upended. The handsome prince is a

cad. It's happily never after. "The audience needs to believe it's real," Quinn says. How embarrassed we are to be caught out.

To drive the point home, the season finale ends with two people saying, "I love you" to one another. Just not the two you'd expect. And they probably don't mean it.

EXPOSING EXPECTATIONS
Series creator Marti Noxon makes us realize how ingrained our expectations are, that a show with a female hero will conform to romantic conventions.



Shiri Appleby stars as Rachel in Lifetime's *UnREAL*. CONTRIBUTED

BOOK EXCERPT WINTER CABIN COOKING BY LIZZIE KAMENETZKY

Gnocchi with wild mushrooms

NASSIMA ROTHACKER/WINTER CABIN COOKING



Escape the cold of winter with this beautiful collection of 150 mouthwatering recipes inspired by the cuisines of mountain villages and ski towns around the world.

For this book, acclaimed cooking writer, Lizzie Kamenetzky, has taken inspiration from snow-covered mountains and Alpine chalets, with all her favourite food from ski towns and winter holidays. With stunning location photography throughout, you can recreate the delights of winter without leaving the comfort of your home.

There is something undeniably comforting about little pillows of potato gnocchi. Serves 4 - 6

Ingredients:

- 1lb. 2oz. even-sized small floury potatoes, such as Maris Piper/Yukon Gold, unpeeled
- 2/3 cup 00 flour, plus extra to dust
- freshly grated nutmeg
- 1 egg, beaten
- 2 Tbsp unsalted butter
- 1 tsp olive oil
- 2 banana shallots, finely chopped
- 2 garlic cloves, crushed
- 11 oz. wild mushrooms, cleaned and sliced if large
- 1/3 cup dry white wine
- scant 2/3 cup double/heavy cream
- small handful of fresh parsley leaves,
- chopped fine sea salt and ground black pepper freshly grated Parmesan, to serve

Directions:

Cook the potatoes, whole in

their skins, in boiling salted water for 25 minutes until they are tender. Drain the potatoes and, once cool enough to handle, peel the skins off and mash the flesh using a potato ricer or by pushing it through a sieve/strainer so it is lump-free and fine.

Put the flour, 1 teaspoon salt and a little nutmeg into a bowl and add the potato, mixing with the blade of a knife. Make a well in the centre, add the beaten egg and mix together until well combined. Bring together with your hands but don't knead or you could make your gnocchi tough.

On a lightly floured surface, roll out the dough into sausage shapes, about 1/2 inch wide, then cut into 1/2 inch pieces. Use the tines on the back of a fork to roll the gnocchi, giving them the characteristic ridges. Put on a floured baking sheet and chill until you are ready to cook. (You can cook them now

or chill for up to 24 hours.)

Make the sauce. Melt the butter in a pan and add the oil and shallots. Cook for 10 minutes until softened and tender. Add the garlic and fry for a further 30 seconds then add the mushrooms. Increase the heat and fry for 10 minutes until they are golden brown.

Add the wine and bubble for a minute. Add the cream, a splash of boiling water to loosen it a little and plenty of salt and pepper, then stir in most of the parsley.

Bring a pan of salted water to the boil and add the gnocchi. They are cooked once they float to the surface, about 1-2 minutes.

Scoop out with a slotted spoon and divide among warmed serving bowls. Warm through the sauce and spoon over the gnocchi. Scatter with the remaining parsley and serve.



WINTER CABIN COOKING: DUMPLINGS, FONDUE, STRUDEL, GLUHWEIN AND OTHER FIRESIDE FEASTS, RYLAND PETERS & SMALL, \$35.95 US; RYLANDPETERS.COM PHOTO CREDIT: RYLAND, PETERS & SMALL

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RECIPE

Silky smooth celeriac and parsnip velouté

NASSIMA ROTHACKER/WINTER CABIN COOKING

I adore velouté, which means 'velvety' in French. It is smooth and creamy and, well, like velvet in the mouth. A big bowl of steaming velouté will cling enticingly to your bread as you dunk it.

Ingredients

- 1 celeriac (about 500 g/1lb. 2oz.),
- scrubbed 2 parsnips (about 350 g/12 oz.),
- scrubbed 2 small onions, 1 halved and 1 finely chopped
- 2 garlic cloves,
- crushed 5 fresh thyme sprigs
- 100 g/scant 1/2 cup unsalted butter
- 100 g/3/4 cup cooked peeled chestnuts
- 100 ml/scant 1/2 cup whole/full-fat milk
- 2 tablespoons Madeira
- a squeeze of lemon juice
- sea salt and ground black pepper
- double/heavy cream, to serve

Instructions

Peel the celeriac and parsnip (reserving the peel) and finely chop the flesh.

Put the peel and 100 g/3/4 oz. of each vegetable into a pan with the halved onion, the garlic and half the thyme.

Add 1.2 litres/5 cups water and simmer gently for 30 minutes. Strain the stock.



Heat the butter in a pan, add the finely chopped onion and fry for 10 minutes until soft.

Add the remaining parsnip and celeriac, the chestnuts and the remaining thyme.

Add the stock and milk and simmer for 20 minutes until the

vegetables are tender. Strain, reserving the liquid and then whiz the solids in a blender until smooth (you will get a smoother soup this way than if you blend in the pan with a hand blender).

Return the puréed vegetables to the pan through a sieve/strainer and add enough of the cooking

liquid to form a rich velouté.

Season to taste and add the Madeira and a little squeeze of lemon.

Bring back to a simmer then serve with a good swirl of double/heavy cream.

EXCERPT FROM LIZZIE KAMENETZKY'S WINTER CABIN COOKING

Some holiday leftovers are best left uneaten

FOOD SAFETY

Can you eat it? Experts explore the dangers

If your post-holiday leftovers are calling your name, reconsider.

Remember: the “best before” dates on your food items don’t apply once you’ve opened them.

If your kitchen is often brimming with leftovers, consider turning your refrigerator temperature down. They’ll last longer. Turn the dial lower than the typical 4 C, around 1-4 C. This will slow down the growth of harmful pathogens.

We canvassed industry food and nutrition experts for advice on some food items you might be tempted to eat a few days later.

An open carton of chicken stock

Verdict: Use within three to five days.

“There are legit ‘don’t get sick’ rules and then there are ‘how far

can I push it?’ rules,” says Theresa Albert, a Toronto nutritionist and food consultant who also writes for Metro. “We have to move food through the danger zone as quickly as possible.” For chicken stock, you should play it safe and use within 3-5 days.

“If it was homemade chicken stock it would be less,” Albert says, noting that carton of chicken stock is higher in preservatives such as sodium.

Here’s a tip: use half the carton when you open it and freeze the other half.

Cooked turkey or chicken

Verdict: Use within three days or freeze.

You know that five-days-in-the-fridge smell? That’s spoilage.

“I probably wouldn’t use it up to a week past,” says Brita Ball, food safety consultant and adjunct professor at the University of Guelph. “When you’re getting to the fifth day you can start to smell a little bit of spoilage happening.”

Ball suggests freezing leftovers

immediately. “The sooner you freeze them, the better.” You could also recook the meat to kill off some of the “spoilage organisms,” which aren’t harmful. It’s the pathogens like salmonella you need to worry about.

Hummus left on the counter overnight

Verdict: Toss it or heat it up.

Jeffrey Farber, former director at Health Canada and current food science professor at the University of Guelph is quick to call this a big “no-no.”

“That type of product which is left out overnight, you never know,” he says. Farber is also wary of suggesting you use the hummus in cooking. As is Ball: “I don’t like to waste food, but I would throw it out, absolutely,” she says. She wouldn’t even cook with it. “Once it’s out on the counter, I have no idea what pathogens might be in there.”

Nutritionist Albert suggests it’s best to toss it if the hummus is mayo or yogurt based. She wouldn’t spread it on toast, but

might use it to thicken a soup or gravy.

Slow cooker chili with cooked ground beef, left on counter for 8 hours without power

Verdict: Toss it.

Don’t treat food safety like a game. “It could be the game of your life,” says Albert. If you forgot to turn the slow cooker on, start from scratch. “Ground beef is one of the highest risk foods. There’s just far too many opportunities for the beef to be contaminated.”

The standard is two hours of meat on the counter before it becomes a “food safety risk,” says Ball. “People waste food and they don’t need to. It’s OK to use food past the best before date, because that’s a food quality issue.” But food safety is different, she advises. This one’s a no-brainer.

TORSTAR NEWS SERVICE



When leftovers start piling up in your fridge, don’t treat food safety like a game. “It could be the game of your life,” one expert says. ISTOCK

ROSE REISMAN THE SAVVY EATER THIS WEEK: Salad Dressings

✓ PICK THIS

Renee’s Greek Yogurt Cucumber and Dill Dressing

Portion 4 Tbsp
Calories 160
Fat 14 g



✗ SKIP THIS

Renee’s Mighty Caesar Dressing

Portion 4 Tbsp
Calories 320
Fat 32 g



⚖️ HERE’S WHY

Equivalent in fat to a Burger King Double Stacker (two beef patties, cheese, bacon, Burger King Stacker sauce and sesame seed bun).

With the start of a new year, health and wellness are top of mind for many. Salads are what we all think is the silver bullet to weight loss in January — but beware! Those greens and other veggies are innocent, but look closely to what you’re pouring over top. The Mighty Caesar dressing is made primarily from oil, eggs and cheese, giving you excess calories and about half your daily fat — which is equivalent to a double cheeseburger! In comparison, the Cucumber & Dill dressing is much lighter and healthier, with the first ingredient being Greek yogurt.



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Take the middle road with the X1



THE CHECKLIST 2016 BMW X1 XDRIVE 28I

THE BASICS

Type. Four-door, five-passenger compact SUV
Power. Turbocharged 2.0-litre four-cylinder (228/258)
Transmission. Eight-speed automatic
Price. \$38,800 (base); \$50,040 (as-tested), plus destination

COOL FEATURES

- Head-up display
- Heated steering wheel
- Connection package with concierge service
- Collision mitigation with emergency braking
- Panorama sunroof
- Hands-free liftgate operation
- Touchpad infotainment input



MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO, OTHERS HANDOUT

POINTS

- The dash-mounted "tablet-style" infotainment screen keeps your eyes up at the windshield when you're looking at the system.
- The new design provides more headroom than before.
- Run-flat tires are standard equipment, but they can be swapped for regular all-season tires as a no-charge option.

MARKET POSITION

- The compact crossover/SUV is one of Canada's hottest markets, and many of the premium automakers are bringing out smaller models. The X1's redesign keeps its compact footprint but makes it roomier than before.

REVIEW

New BMW crossover good for both city and country

Jil McIntosh
For Metro Canada



Automakers often share vital components between their models, and that's what has happened with BMW's smallest crossover, its X1.

For 2016, it morphs into its second generation, with new styling and more interior space. But it now links with BMW's other brand, and shares its engine and driveline with the equally new Mini Clubman.

While it's still all-wheel drive like the previous X1, this newest model primarily works with its front wheels, sending power to the rear ones as needed for traction and stability on curves, acceleration, and slippery surfaces.

The new exterior design gives it more resemblance to the larger X3, while the roomy interior follows BMW's signature look. The styling is solid, but there's a lot of hard plastic on the dash that looks a bit cheap for the price.

My tester had optional sports seats that were very comfortable and supportive, along with sliding and reclin-

ing rear seats that fold almost flat for extra cargo space.

The X1's turbocharged 2.0-litre four-cylinder engine includes an auto start/stop system that shuts it off at idle, such as when you're waiting at a light, and automatically starts it again as soon as you take your foot off the brake.

It's smoother than many I've driven, but you can turn it off if you prefer.

This new engine actually makes a little less power than the previous generation, but you wouldn't know it by the feel behind the wheel.

The transmission is an eight-speed automatic that can be optioned to a performance version with paddle shifters, in a package that also adds a sportier steering feel.



Steering response is quick, and the X1 handles beautifully.

Steering response is quick, and the X1 handles beautifully. However, the ride is tuned for sports performance rather than luxury, and it's very firm.

The all-wheel system transmits power seamlessly between the front and rear axles. Although it's not really an off-road warrior, I've driven the X1 on a challenging course that it handled quite well, making it a feasible choice for those who spend weekdays on the asphalt, but like their weekends at the cottage and need something that can get them all the way there.

THE COMPETITION



Mercedes-Benz GLA 250 4Matic
Base price: \$38,000



Audi A3 Quattro
Base price: \$36,800



Lexus NX 200t
Base price: \$41,950



Workers at the Wolfsburg plant assemble the Volkswagen Beetle. COURTESY VOLKSWAGEN

HISTORY

Happy birthday bug! Beetle turns 70

In the days between December 25, 1945 and January 1, 1946 a little German car with an air-cooled engine at its rear and space for a family of four, rolled off the production line for the first time.

The Volkswagen Type 1, better known as The Beetle, went on to be one of the most important, iconic and biggest-selling cars of the 20th century and set the foundations on which its makers built one of the biggest car groups in the world.

However, if it hadn't been for the British military, the Beetle

and everything that has followed in its wake may never have been.

At the end of the Second World War, the military facility that had been building the Beetle's forerunner, the 'KdF-Wagen,' came under British control. And rather than shut it down, the military, under the leadership of one Senior Resident Officer Major Ivan Hirst, repurposed it for civilian production, undertook an initial order for 20,000 cars and preserved 6,000 jobs in the process. The idea was that the cars would be used by Allied forces stationed

in Germany and to begin with production was small-scale, just 1,000 cars a month. But spurred on by Hirst's vision and by the lifting of export restrictions plus currency stabilization, within three years the Beetle was on sale globally.

Dr. Manfred Grieger, Head of the Volkswagen Aktiengesellschaft Corporate History Department, describes Hirst as a "skillful pragmatist" who "gave the factory and the workforce a vision, motivating British military personnel and German workers alike to turn the lan-

guishing works into a successful market-driven business," he said. "He knew the qualities of the Volkswagen Saloon and was able to realize them on the road."

The Beetle ceased production on European shores in 1978 and global production ground to a halt entirely in 2003, by which time over 21 million had been produced. The car that replaced it, the VW Golf, has been twice as successful in terms of sales since production started, but such is the love for the old Beetle that VW decided to resurrect it as the "New" Beetle in 1997. AFP

The future will be the good old days

AUTOPILOT

Car companies catering to senior drivers

Mike Goetz
For Metro Canada



Ironically, if you look into the future of driving in North America and Europe, it looks old.

"Every seven seconds another person in the United States turns 55," says Sheryl Connelly, over the phone from Ford's HQ in Dearborn, Mich. "In the coming decade there will be more people over 50 than under 40 in the EU."

Connelly serves as Ford's resident "futurist." She is responsible for identifying global trends that the automaker needs to know, to do everything better across all its functions, such as product design and development, sales, corporate responsibility, etc.

And Connelly notes there is no bigger trend on the horizon than aging drivers.

According to Connelly, designing vehicles that work for



Ford's Third Age restricts movement and finger sensitivity, and even includes goggles to simulate glaucoma, so a person of any age or health can literally step into the body of aged person, to gain insight into their situation. MIKE GOETZ/FOR METRO

elderly drivers will even take on more importance in the future, not just because they are a big demographic, but also because life expectancies are sure to be longer in the future.

Relinquishing your driver's license at 80, when your life expectancy is 85 is one thing, but entirely another thing, she

notes, if your life expectancy is 105. "What Ford is in an unusual position to do, is try to focus on innovation that might help extend the freedom and independence that comes from owning and operating a vehicle."

One tool Ford uses in its quest for innovation in this area is the Third Age Suit, which simulates

the adding of 10 to 30 years of age to your body. "Young" engineers can put on this suit, to experience how elderly people have difficulty with simple functions.

Nobody wants to drive a vehicle designed for old people and thankfully nobody has to, says Connelly, because the in-

novation that makes driving easier and safer for elderly drivers also serves everyone. Technologies like blind spot warning, cruise control with automatic gap control and braking, and around-the-car camera monitors, are coveted by drivers of every age.

While these and future tech-

+ ACCIDENTS

• Drivers 80 years of age and older are responsible for almost 70 per cent of the crashes in which they were involved.

• Drivers over the age of 75 have a crash rate per kilometer more than 3.5 times higher than individuals aged 35-44.

SOURCES: ROADSAFE B.C., CANADA SAFETY COUNCIL

nologies will help senior drivers, they will no way alleviate the need to constantly monitor the deterioration of their driving abilities. Connelly notes that elderly drivers usually hand over the wheel to younger family members, when they jump in one vehicle together to get somewhere. The better plan, says Connelly, would be to let the elderly person drive.

"Let them drive, to see how their response time is and how confident they are on the road. This is something that has to be monitored constantly by family members ... No technology will replace that."

DRIVING FORCE

General Motors takes a look at how the wind blows

Jil McIntosh
For Metro Canada



When it comes to saving fuel, a car's engine is only part of the puzzle. Aerodynamic styling plays a huge role, and so engineers use wind tunnels to assess models as they're being developed.

It's common to use full-size vehicle models, made of malleable clay for quick design tweaks, but some automakers also use scaled-down versions. General Motors recently added a wind tunnel that's equally scaled down to match these vehicle models, sized at 40 per cent of a full-size wind test facility.

The company previously tested these smaller clay models alongside regular ones in its full-size wind tunnel, but needed extra capacity. Building a smaller tunnel specifically for these models increased overall testing capability, but at far less cost than adding a second full-size tunnel.

"It took about 18 months to build and we're doing readiness testing," says Jeff Bordner, engineering group manager for the GM aerodynamics lab in Warren, Mich. "Production testing



Top: Engineer Nina Tortosa demonstrates aerodynamics on a small-scale model. JIL MCINTOSH/FOR METRO

should begin in January."

How it's done

The vehicles start with either wood or metal frames. These are covered with foam and topped with a layer of clay. During testing, clay can be added or shaved off to tweak the vehicle's design, and it's much quicker and easier to do this on a smaller-sized vehicle. Adding half a kilogram of clay to a 40 per cent model is the equivalent of slathering more than seven kilograms onto a full-size one.

The model faces the wind blowing out of the tunnel as its wheels turn on moving belts in the floor, simulating driving

on a road. Cameras and sensors record the test, feeding information to banks of computers in an adjacent laboratory. Engineers use a device that creates smoke in front of or alongside the car, so they can see how the wind moves over the model's shape and where it meets resistance or creates turbulence.

It's similar to when you hold your hand out the window of a moving car: You feel resistance when your hand is straight up, versus holding it flat with your fingers forward. Even a minor change to a mirror or fascia can make a considerable difference in how the air flows around the design.

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Steve Nash and Phoenix Suns owner Robert Sarver have bought a controlling share of Spanish soccer club Real Mallorca

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WORLD JUNIORS

Finland beats Russia in OT to claim its 4th under-20 title

Kasper Kapanen scored a wrap-around goal in overtime as Finland rallied past Russia 4-3 on Tuesday to win the world junior hockey championship.

Patrik Laine, Sebastian Aho and captain Mikko Rantanen all scored in the third period as Finland staged a late comeback. Kaapo Kahkonen made 22 saves for the win.

"That's one of those goals that you always dream of," said Kapanen. "I guess dreams do come true."

TUESDAY In Helsinki



Andrei Svetlakov scored twice for Russia and Vladislav Kamenov had the other goal. Alexander Georgiev stopped 25 shots.

On the winner, Kapanen deked around two defenders, skated around the back of Russia's goal and threw the puck into a wide-open net as Georgiev failed to dive back into position.



Finland's Kasper Kapanen, right, celebrates scoring the winning goal with teammates Vili Saarijarvi, left, and Joni Tuulola. RONI REKOMA/AF/GETTY IMAGES

"Everything's so blurry," said Kapanen when asked to describe the goal. "So excited and in shock at the same time."

It was Finland's fourth world junior title and second in the past three years.

"There's not a lot of words (for) how to describe the feeling," said Rantanen. "Very happy. Happy for the team, for the whole of Finland. We had an absolutely unbelievable crowd there and everyone was watching at home on TV."

Georgiev's start in net was a

+ BRONZE

Earlier in the day, Anders Bjork, Matthew Tkachuk and Ryan Donato each scored two goals as the Americans won bronze with an 8-3 win over Sweden.

surprise after Ilya Samsonov's solid 26-save performance in Russia's 2-1 semifinal win over the United States.

Although the fans at Hartwall

Arena - home of the Kontinental Hockey League's Jokerit club - were mainly Finnish, there were supporters from many of the participating nations in attendance. Many Canadians in attendance supported the host side even though the Finns eliminated Canada in the quarter-finals.

Red-clad fans could be seen waving Canadian flags and dancing in the stands along with Finnish supporters chanting "Suomi!" for all of the host side's goals. THE CANADIAN PRESS

REDBLACKS

Williams snags a contract extension

Henry Burris's favourite target is staying with the Ottawa Redblacks.

The Redblacks announced Tuesday they've agreed to a contract extension with the Williams, who was eligible to become a free agent next month. The speedy receiver had 88 catches for 1,214 yards — both team highs — last season, his first in Ottawa after two years in the NFL with the New Orleans Saints and Chicago Bears.

"They have a great rapport, on and off the field," Ottawa GM Marcel Desjardins said of Burris and Williams. "I think it's important for each of them to have the other there."

"(Williams) is a difference-maker, he's dynamic. Our of-

fence is going to be the same offence so we wanted to certainly have an impact player like him come back."

The five-foot-nine 155-pound Williams was one of four 1,000-yard receivers with Ottawa last season in former offensive co-ordinator Jason Maas's system. Burris, 40, took full advantage, posting a career-best 70.9 completion percentage and league-high 5,703 passing yards in capturing the CFL's outstanding player award. THE CANADIAN PRESS



Chris Williams
THE CANADIAN PRESS FILE

MLB IN BRIEF

Bonds, Clemens expected to get more HOF votes

Barry Bonds, Roger Clemens and other tainted stars of the Steroids Era appear likely to get a boost in Hall of Fame balloting Wednesday, but not enough to enter Cooperstown this year.

Following the elimination of about 100 retired baseball writers from the electorate, Bonds and Clemens were on track for a 5-10 percentage point increase.

Ken Griffey Jr. seems assured of election on the first try, possibly with a record vote of close to 100 per cent. THE ASSOCIATED PRESS

Blue Jays acquire reliever in trade with Athletics

The Toronto Blue Jays acquired right-hander Arnold Leon from the Oakland Athletics on Tuesday in exchange for cash considerations or a player to be named later.

The 27-year-old reliever made his big-league debut with the Athletics last season, going 0-2 with a 4.39 earned-run average over 19 appearances.

He had a 2-5 record and 2.95 ERA over 20 appearances (six starts) with triple-A Nashville last year.

THE CANADIAN PRESS

LAWSUITS

Baseball stars take action vs. Al-Jazeera

Two Major League Baseball players have filed defamation lawsuits against Al-Jazeera America over statements made in a documentary about performance-enhancing drugs in sports.

Ryan Zimmerman of the Washington Nationals and Ryan Howard of the Philadelphia Phillies filed the suits Tuesday in U.S. District Court in Washington.

The suits refer to the documentary The Dark Side: Secrets of Sports Doping, which

+ TIES TO NFL

The documentary in question also suggested that Denver Broncos quarterback Peyton Manning took HGH while recovering from neck surgery.

Al-Jazeera America broadcast Dec. 27. Each suit seeks an unspecified amount in damages. THE ASSOCIATED PRESS

MLB

Anthopoulos rumoured to join Dodgers



Alex Anthopoulos was named 2015's MLB executive of the year by the Sporting News. THE CANADIAN PRESS FILE

Former Toronto Blue Jays general manager Alex Anthopoulos will reportedly join the Los Angeles Dodgers, according to Vince Cauchon, a sports reporter for Quebec City's CHOI 98.1 who tweeted the news Sunday.

When contacted by Torstar News Service on Tuesday, Anthopoulos declined to comment.

The Dodgers have been a long-rumoured landing spot for the 38-year-old baseball executive, who opted to walk away from the Jays' front office in October after the franchise's most

successful season in 22 years rather than work under new team president Mark Shapiro.

The Dodgers' general manager is Farhan Zaidi, the former assistant GM of the Oakland A's with whom Anthopoulos has enjoyed a good working relationship for many years. Zaidi, like Anthopoulos, is Canadian. The Dodgers also recently poached international scouting executive Ismael Cruz from Toronto, so Anthopoulos would have other familiar faces in the organization.

TORSTAR NEWS SERVICE

RECIPE One Pot Chicken Pasta



PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

• 1/2 cup mozzarella

Directions

1. Warm up your olive oil in a large, deep skillet over medium heat. Brown the chicken, working in batches. Once all the meat is nicely browned but not cooked through, add the garlic and give it all a stir.
2. Now add the thyme and mushrooms and let them soften up and kick off their juices. Add the wine and/or stock, water and tomatoes. Break the tomatoes up with the back of a wooden spoon.
3. Bring the sauce to a bubbly simmer and add your pasta. As the pasta softens up in the heat, push it under the liquid. Depending on which pasta you're using it will take about 15 to 20 minutes. Check seasoning and remove from the heat.
4. Top evenly with mozzarella and serve.

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The genius of this recipe is that the pasta cooks right in the sauce, meaning you only have one pot to clean.

Ready in

Prep time: 30 minutes

Serves 4

Ingredients

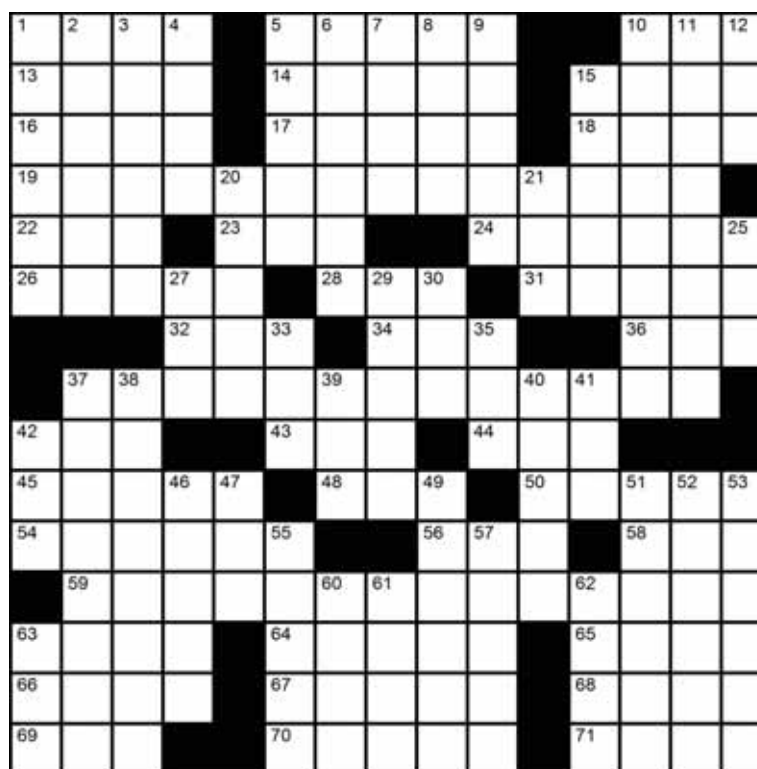
- 1 Tbsp olive oil
- 4 skinless, boneless chicken breasts, cubed
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- 1 x 28 oz can of whole tomatoes
- 1 cup water
- 225 grams of dried pasta
- Salt and pepper to taste

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Tropical birds
5. Explode
10. Baseball bosses, briefly
13. Actor Rob
14. Singer Ms. Baker
15. Coin insertion place
16. ___ all possible
17. P.E.I., The ___ Province
18. Jekyll's other side
19. As per #37-Across... Tune by The Weeknd in the 'Favorite Song' category: 4 wds.
22. German article
23. 'Pay' suffix
24. Dawn goddess in Roman mythology
26. British singer/activist Billy
28. Vintage laundry detergent brand
31. Frankie Goes to Hollywood hit
32. Him, in Quebec
34. Dance step
36. 'Social' suffix
37. Wednesday, Jan. 6, 2016 on CBS... ___ Awards
42. ___ mode
43. Look
44. Energy unit
45. Gulf of St. Lawrence attraction, ___ Rock
48. 'Inc.' cousin
50. Canada ___ (Patriotic bird)
54. Tropical fruit
56. Hawaii's ___ Beach
58. Airport for The Kardashians,



- commonly
59. Maple taffy drizzled on snow treat in Quebec: 4 mots
63. Good: French
64. Rain/snow mix
65. Declare with certainty
66. As soon as...
67. Matrikin

68. Clay-ish stuff
69. Questionnaire question
70. Certain candle
71. Celebration cries!

DOWN

1. The Autobiography of ___ Toklas (1933 Gertrude Stein book)
2. "That's against the rules!": 2 wds.
3. "___ Be Your Man" by The Beatles
4. Rectangular

- paving*block
5. Bakery item
6. Like the book that's never been opened
7. Historic Canadian Louis
8. Base
9. Ms. Tucker
10. ___ Acid Peel

- (Dermatology clinic service)
11. Preside over the political debate
12. Fr. holy woman
15. Portion
20. Be a mirror in a just-used-shower bathroom: 2 wds.
21. Cat's coat
25. Logs-making need
27. Mop & ___ (Floor cleaner)
29. Bothered
30. Mr. Efron
33. They, in Sherbrooke
35. Talking Heads' "And ___ Was"
37. Creation of fashionable folds
38. Secret Service agent's electronics device
39. Fitting-here fish
40. Musical grinder
41. "___ Blind" by 54-40
42. Handheld add-on
46. Chili con ___
47. Storm's centre
49. Erase
51. John's "Grease" (1978) co-star
52. In a wise way
53. Strains
55. Plus
57. Tap liquid
60. Arm bone
61. Harvest
62. Effortless
63. Red carpet scarf

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Take initiative. If you sit around waiting for others to make the first move it's unlikely you'll get anywhere. Aries is a Cardinal sign, meaning you have leadership qualities, so get out there and lead.

Taurus April 21 - May 21
There is a danger that with so many people singing your praises you'll lose sight of the fact that you make mistakes just like everyone. Don't let the hero worship go to your head.

Gemini May 22 - June 21
There may be a lot of stress in your life but you will find ways to cope. One way, of course, is to take nothing too seriously. If you can't laugh at life then you're doing it wrong.

Cancer June 22 - July 23
Don't allow others to speak on your behalf. If you do there is a very good chance they'll say something that causes problems. Take responsibility for your own thoughts and beliefs — and always speak from the heart.

Leo July 24 - Aug. 23
How much do you trust someone? Enough to let them handle your money? If you're convinced that they won't cheat you then let them make decisions. If not, stay in control.

Virgo Aug. 24 - Sept. 23
You want to push your luck today. You want to take chances. A link between the Sun and Pluto in your fellow Earth sign of Capricorn means you know that you can't be beaten.

Libra Sept. 24 - Oct. 23
If someone needs your help today you must give it with no questions asked. A deed done with no thought for your own reward will do no end of good. The way to change the world is to be nice.

Scorpio Oct. 24 - Nov. 22
This promises to be an excellent day socially, get out and make new friends and enjoy new experiences. Someone you meet on your travels will say something that opens your mind to new possibilities.

Sagittarius Nov. 23 - Dec. 21
Don't follow the herd. Go your own way and, if certain people don't like it, take that as a sign you are on the right track. You make the rules.

Capricorn Dec. 22 - Jan. 20
Stand back from yourself and work out why you think and act in certain ways. Once you realize that so much of what you do is done out of habit it will be easier to change things.

Aquarius Jan. 21 - Feb. 19
Use your powers of persuasion to do what needs to be done. It may be annoying having to rely on other people but the planets warn you won't get far on your own.

Pisces Feb. 20 - March 20
You're in the mood to take a few risks and they will pay if you join forces with like-minded people and work together towards a common goal. Anything is possible when you are part of a team.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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